

Growing in Virtue; Healing the Family Tree

Advent is a time to grow in virtue. Are you holier this year than a year ago? To prepare for the coming of Christ, He must increase and we must decrease. Please take a look at the following suggestions to rid yourself of negative patterns and let the love of Christ increase in you.

After discovering the patterns of sins, vices, spirits, or attitudes/strong emotions/dispositions, implement a program that has the following considerations:

1. Practice virtues that oppose the patterns. For example, pray the Act of Hope whenever you “hold on” to fear. Trust in the Lord and have confidence in Him. Depression→practice joy and acts of charity. Despair→practice hope/confidence. Fear of suffering→practice mortification (give things up such as entertainment) and replace it with doing something good for others. See the back of this page. Practice a virtue for 30 days straight. Also, watch: <https://www.youtube.com/watch?v=K-TC1mFYzPQ> (Family Virtues; about 30 minutes) and https://www.youtube.com/watch?v=f_jguGLEnJg (Common Pitfalls for Catholic Parents; about 30 minutes)

2. Fast (from food, entertainment, and cell phone usage).

3. Pray specifically for the patterns to go away. E.g., “Lord Jesus, please bind up criticism and passivity and complaining from my family and me, and drive them far away from us.”

4. Pray general prayers, such as the Rosary, Divine Mercy Chaplet, and/or the Divine Office.

5. Make reparation. Do extra prayers, Adoration, and have Masses said for the repairing of the damage (1) when the pattern came into the family line; (2) for the sins from other people in the family tree and its subsequent negative effects; and (3) for your own sins. E.g., perhaps your great grandfather was the first alcoholic in the family tree and alcoholism is prevalent. Pray for the repose of the soul of your great grandfather. Pray that the Lord will repair the damage that has resulted from your sins and the sins the members of your family tree.

6. Pray for healing for your family members and yourself. E.g., Healing Mass or Prayer for Inner Healing.

7. Have a priest pray say certain prayers over each person in your family. A husband, the royal priest of his family, should bless his wife and children.

8. Ask your Guardian Angel and patron saints to intercede. Whatever the patterns, ask the saints who are “enemies” of these patterns to pray. E.g., St. Clare will pray for you against betrayal (perfidy), if this pattern is in your family line. St. Mother Teresa will pray against pride. Think about the life of various saints who can pray against vices.

9. Use sacramentals. E.g., use blessed salt in your cooking or at meals. Use holy water and bless yourself and your house.

10. Practice custody of the eyes, mind, and tongue. If you start thinking about something negative or sinful, catch yourself immediately and do something positive (prayer, spiritual reading). See 2 Cor 10:3-6 and Jas 3:1-10.

11. Go to Confession frequently and confess the sins, vices, and fears, and talk to the priest about defects (e.g., depression). You and your family should confess the kind of sin and the number of times it was committed. This will help your awareness level to improve and the practice of custody of the eyes, mind, and tongue.

12. Get rid of any negative influences in your home (e.g., Harry Potter movies and books, other media and objects that do not build up the Kingdom of God or might be cursed. If you have questions, ask a priest.).

13. Consider praying the *Auxilium Christianorum* prayer weekly. Visit: <https://drive.google.com/file/d/0B-umKmU8IuyHelNTN3FjdIzKnUE/view>

Last word: This information looks overwhelming. So slowly move into a plan of prayer and of works of mercy for your family. Gently move forward without “beating yourself up.” Try to live in the present moment. Unite your discomfort to Jesus.

Seven Capital Sins—Root Vices

Pride—putting oneself above God and others

Boastful * self-centered * self-important *
superiority complex * arrogant * talking too much *
stubborn * vain * entitlement mentality * rude *
disobedient * wanting no advice * brooding over
offenses * over-sensitive * fearful * self-pity

Greed—covetous; disordered desire for material things

Seeking security only in things of this world * stingy
* hoarding * not realizing that you are passing
through this world on pilgrimage to heaven *
secretive

Anger—disordered desire to be right or be treated better; desiring revenge

Aversion * resentful * bitter * hatred * silent
treatment * un-forgiveness * impatient * emotional *
temper * self-will * control * gossip * withdrawal *
mean * critical * fault-finding * judgmental

Envy—resentful longing aroused by someone else's possessions, qualities, or gifts

Hateful * gossip * detraction * backbiting * joy at
the sorrows/troubles of others * spiteful * do not
care when others are praised

Sloth—laziness; avoiding doing God's will for the sake of comfort

Effeminate (= wanting a soft, easy life) * late for
events * distaste for life * discouragement * moody
* gloomy * inconsistent * dull to exhortation * lack
of thanksgiving to God and others

Gluttony—eating and drinking to excess

Think and talk food a lot * complaining about plain
food * too much snacking * immoderate use of
alcohol * loudness * boisterous * can include
immoderate use of electronic devices and media

Lust—desire for illicit sexual pleasure

Curiosity about sex * Over-familiarity with
someone * carelessness in reading and viewing * not
controlling imagination * comfort-seeking *
pleasure-seeking * not open with priest-confessor *
not using necessary means to control the flesh

Ways to Overcome—Remedies for These Vices

Humility—selfless; recognizing that all skills, talents, and good qualities are gifts from God

Think about my dependence on God * thanksgiving
to God * seeking ways to serve God and others
quietly * quit complaining/gossiping * seeing Christ
in others * Litany of Humility * Surrender Prayer

Generosity—giving of time, talents, and gifts freely; God is more important than possessions

Cultivate simple tastes * desire to imitate the poverty
of Christ * seek first the Kingdom of God * give
others the better part habitually * share what I have
with others * tithe

Meekness—acting with patience, mercy, and charity when resolving conflicts

Keep Christ crucified habitually in mind * do little
acts of charity for those who annoy you, including
prayer * live in God's presence * keep quiet when
annoyed, and unite to Christ

Kindness—wishing the best for others; brotherly love

Thank God for others' gifts * pray for the one you
envy * speak well of the one you envy * think of
eternal life and that God wants all to be saved

Diligence—following God's will, even if it means discomfort (suffer for God's mission)

Faithful to prayer life * keep to a schedule * do
immediately what you tend to put off * think of
eternity constantly * do spiritual and corporal works
of mercy as little acts of self-discipline

Temperance—taking all things in moderation

Decide how much to take ahead of time and stick to
it * eat or drink in God's presence * fast * reflect on
the fact that 21,000 die of starvation daily * only use
electronic devices and media for the good

Chastity—properly ordered desires of the flesh

Develop personal love of our Lord * flee occasions
of lust * be hard on body—mortification * keep busy
* live for others * pray the Angelic Warfare
Confraternity Prayer frequently * meditate on
Gospel passage for 15-30 minutes daily

Let Jesus Clean Your Heart Before Christmas

Confession is available at:

- StB**, Tuesday, Dec. 5, 6-8 p.m. (Fr. Peter available)
- OLS**, Wednesday, Dec. 6, 6-8 p.m. (Both priests)
- StI**, Thursday, Dec. 7, 4:30-5:30 p.m. (Fr. Peter)
- StA**, Friday, Dec. 8, 4-5 p.m. (Fr. Michael)
- StP**, Tuesday, Dec. 12, 5:30-6:30 p.m. (Both priests)

Please Pick up the “Power Novena to the Christ Child”—to be prayed December 16-24.

Mass Schedule for the Immaculate Conception of Mary: Holy Day of Obligation (December 7 – 8)

-Thursday, December 7

St. Ignatius, 5:30 p.m. [Patrick and Lisa Hayes]

-Friday, December 8

St. Bernard, 8:30 a.m. [Paul Rozas]

St. Anne, 5 p.m. [Len Crimmins]

Our Lady, 6:45 p.m. [Jennifer Armstrong]

St. Peter, 6:30 p.m. [Benedict Kullman]

Christmas Mass Schedule

This year Christmas falls on a Monday. We are obligated to go to Mass on the weekend, and then attend one Christmas Mass—two Masses.

-Sunday Evening (Christmas Eve), December 24

St. Bernard, 4:30 and 6:30 and 8 p.m.

Our Lady of the Snow, 5 p.m.

St. Anne, 5 p.m.

-Monday, December 25

St. Bernard, 7 and 9 a.m.

Our Lady of the Snow, 9:30 a.m.

St. Peter (Kremmling), 10 a.m.

St. Ignatius (Walden), 1 p.m.

Consoling the Heart of Jesus: Small Group Retreat

All are invited to attend another retreat put on by members of our churches. The retreat begins the second week of January. It is as simple as meeting 90 minutes per week for 10 weeks.

Many of you came to the Hearts Afire retreat. You loved it so much that you asked to continue with more retreats. This retreat, based on Fr. Michael Gaitley's book, *Consoling the Heart of Jesus*, will help you gain new insights on how to console Jesus in our times. You will study a little about St. Therese, St. Faustina, Mother Teresa, and others.

The retreats will be held in your local area.

-St. Bernard, call Pat, 361-442-3532

-St. Peter, call Kristen, 970-531-2402

-St Anne, call Jan, 970-887-2000

-Our Lady of the Snow, call Pam, 410-903-5256.

Incense will be used:

-**Dec. 3, St. Bernard, 7 a.m.**

-**Dec. 9, St. Bernard, 5:30 p.m.**

-**Dec. 17, Our Lady of the Snow, 9:30 a.m.**

Guadalupe Celebration, St. Peter, December 12

Confession, 5:30 p.m.; Mass, 6:30 p.m.; fiesta!

Pregnancy Resource Connection 14th Annual Fundraising Banquet—January 12 (Friday)

-Where: Young Life Crooked Creek Ranch, Fraser

-Time: 6 p.m. -This year's theme: Life, Laugh, Love.

-Featured guest: nationally known comedian Mike Williams, who will make us laugh and cry.

-As always: a delicious 3-course dinner will be served.

-Admission and childcare: free. However, prior registration is necessary to reserve your spot.

-Go to www.pregnancyresourceconnection.org or call 970-887-3617 to register or donate.

Calendar of Events

-**Dec 8 (Fri)**. Immaculate Conception—Holy Day

-**Dec 12 (Tue)**. Our Lady of Guadalupe, St. Peter

-**Dec 24-25**. Christmas schedule on our website

-**Jan 1**. Holy Day of Obligation, Mary, Mother of God

-**Jan 12 (Fri)**. PRC Pro-life Banquet at Younglife

Mass Collections, November 25 – 26

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|----------------------|----------------|
| St. Anne | \$ 1168 |
| St. Bernard | 2390 |
| Our Lady of the Snow | 1759 |
| St. Peter | 343 |
| St. Ignatius | 398 |
| Total | \$ 6058 |

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat—Jacob Machado & Ryan Mack

Sun—Thomas Gonzaga & Davide Milani

Mon—Zachary Michalczyk & Anthony Phan

Tue—Michael Tran & Vincent Mukalazi

Wed—Paolo Mori & Daniel Pereira

Thu—Michael Pitio & Jhan Pierre Sainea

Fri—Men and women applying for formation

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;

OLS = Our Lady of the Snow

-Sat, Dec 2, StA, 5 p.m., Parishioners and visitors

-Sat, Dec 2, StB, 4 p.m., Ken & Trudy Rozas Family

-Sat, Dec 2, StB, 5:30 p.m., Peter and Mary K. Savarie

-Sun, Dec 3, StB, 7 a.m., Special Intention

-Sun, Dec 3, OLS, 9:30 a.m., S. and Mary L. Vecchiareli

Weekday Masses

-Mon, Dec 4, StA, 8:30 a.m., Mary Frances Rozas

-Tue, Dec 5, OLS, 7:30 a.m., Robert and Janice Boynton

-Wed, Dec 6, StB, 8:30 a.m., Danita McGinn

-**Thu**, Dec 7, **OLS, 8:30 a.m.**, Maurice and Joanne Noll

-**Thu-Fri, Dec 7-8**: See Holy Day Schedule in left column

Mass Intentions and Schedule for StP and StI

KEY: StP = St. Peter; StI = St. Ignatius (Walden)

-Sun, Dec 3, StP, 10 a.m., Benedict Kullman

-Sun, Dec 3, StI, 1 p.m., Parishioners and visitors